

# PRACTICE ROUTINES AND CONTINGENCY PLANNING

WHAT IS YOUR SPORT?

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SELF-PACED TASK INVOLVED?

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ROUTINE FOR SELF-PACED TASK?

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WHAT IS INCLUDED? WHY?

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WHAT IS ADVERSITY YOU FACE?

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HOW DOES IT IMPACT YOU?

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HOW CAN YOU INCREASE CONTROL?

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WHAT IS THE OUTCOME?

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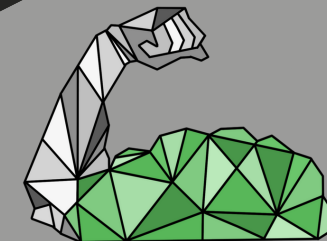
# PRE-PERFORMANCE PLANNING

in Strength & Conditioning



## BENEFITS OF PLANNING

- increased sense of control
- reduced negative self-talk/thoughts
- increased self-efficacy
- reduced effect of distractions
- increased confidence
- increased motivation
- increased effort and intensity
- increased self-determination
- maximized potential
- enhanced performances



Produced by Brains & Biceps based on research from Perry & Katz (2015) and Tamminen et al. (2013)

Perry, I. S., & Katz, Y. J. (2015). Pre-performance routines, accuracy in athletic performance and self-control. *Athens Journal of Sports*, 2(3), 137–151. <https://doi.org/10.30958/ajspo.2-3-137-151>.

Tamminen, K. A., Holt, N. L., & Neely, K. C. (2013). Exploring adversity and the potential for growth among elite female athletes. *Psychology of Sport and Exercise*, 14(1), 28–36. <https://doi.org/10.1016/j.psychsport.2012.07.002>

# PRE-PERFORMANCE PLANNING

Athletes and coaches work hard to plan the perfect travel itinerary or game day scenario. When everything goes as planned, things generally work out in the planner's favor. Developing, understanding, and enhancing the preparation for performance has been seen as a very real way of ultimately enhancing performance level and consistency. However, when things do not go as planned it can be a cause of stress, anxiety, and poor harmonization between athletes. There are two key components to planning that are overlooked, but integral to performance. Both of the key types of plans will help the athlete or performer to control their controllables when faced with adversity. These two types are contingency plans and pre-performance routines. Each type of plan has its specific use and place, with the incorporation of both into training preparation, athletes have the ability to elevate their performance and come out ahead.

# PLANNING IN S&C

As a strength and conditioning coach we play an important role in teaching athletes about how routines can aid in performance. We provide structured situation that almost always follows a familiar format. This continuity helps athletes to warm-up successfully and follow through the program without pain or injury. As we shift to talking about pre-performance plans, it is easy to compare sport specific tasks, with weight room tasks. These comparisons are easily understood by athletes and assists with their implementation.

# CONTINGENCY PLANS

## DEFINITION

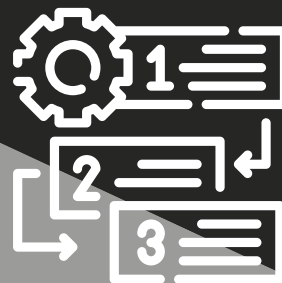
A contingency plan specifies, in advance, a backup plan that the team will follow if needed, and enacted during situations when athletes or teams are faced with adversity.

## IN SPORT

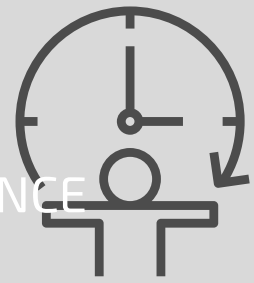
Adversity can come in many forms such as inclement weather, performance slumps, conflicts, and injuries. Implementing a contingency plan can aid an athlete by helping them see that the inconvenience is not happening to them, it is happening with them. A key component of this type of plan is to sit down before the event and respond, not react.

## EXAMPLE

Imagine it is snowing during a championship soccer game. This is something out of anyone's control and is enough to make anyone more anxious or nervous than necessary going into competition. An athlete with a contingency plan can tactically attack the inclement weather and come out ahead of their opponents. In this type of planned response an athlete has the ability to remind themselves of the gear they should wear and the type of food they should eat or drink to best perform in the snowy conditions. This is an example of an athlete responding to the adverse situation and controlling their controllables to have a successful performance.



# PRE-PERFORMANCE ROUTINES



## DEFINITION

A pre-performance routine can be defined as a set of physical and mental behaviors that are used prior to the performance of self-paced events. This routine helps them to focus on the goal of that very moment and helps them to prepare physically and mentally to have a successful performance.

## 3-PHASE PROCESS

### Phase 1: Preliminary Preparation Instructions

- provide evidence/demonstrations
- emphasize trying different routines
- practice including different skills

### Phase 2: Task-Specific Preparatory Instructions

- athlete selects the routine that's best for them
- coaches motivate athletes to keep practicing
- athletes practice their routine in low-risk space to build confidence

### Phase 3: Preparatory Instructions for the Real-Life Self-Paced Event

- practice their routine in a space that mimics competition, time constraints & distractions
- ensure routine fits the time-regulated self-paced task
- practice with distracting "fans," coaches, music, events going on around you

## EXAMPLE

When a basketball player goes to the free-throw line, when a tennis player initiates a serve, or when a golfer sets up for a shot. The acts they use to initiate focus and motivation to successfully complete the task.